

# Miracle diets do not exist

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10 kilograms in 10 days is nonsense!

But the good news is: Whenever you want to lose weight and burn fat, you do not have to suffer and starve!

One of the biggest nutritional mistakes is to cut back drastically on the food we eat, like eating half servings or even fasting during an extended period of time. This way we will fail to lose fat.



Whenever we cut down on our food intake all of a sudden, we will lose weight, but instead of losing body fat, we will lose liquid and muscle mass.

To make things worse, nobody can keep to such a strict diet for more than two weeks, so these diets will never help us on a long-term basis.

Whenever we cut down drastically on our food intake, the body switches the metabolism to safety mode where it will use any calories available in the body, storing the few calories that we get from the reduced food intake in the fat cells. If we want to lose weight on a long-term basis, there is only one way: A sensible reduction in calorie intake by changing our nutritional behavior combined with regular physical activity.